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VANCOUVER metro®

NEWS WORTH SHARING.

Blinded woman stands tall with degree in hand

Student wraps up her master's studies after a vicious assault by her husband in 2011 PAGE 22

Meatless eats will fill you up

Try some curried potato burgers or a spicy rice and quinoa bake for dinner PAGE 20

CEO greeted by jeers & loathing

Residents have no love for the head of the railway company at the centre of the Lac-Mégantic disaster as he arrives on scene PAGE 4

SUMMER COULDN'T COME SUNO ENOUGH FOR WINNING DESIGNERS

RECIPIENTS OF PRESTIGIOUS CFDA AWARD LOOK FORWARD TO SOME DOWNTIME AFTER THEIR LABEL'S EMERGENCE ON THE FASHION SCENE PAGE 12

Clark back in legislature with byelection win

Westside-Kelowna. Premier handily nabs seat in Okanagan city

Premier Christy Clark has a seat once again in British Columbia's legislature, cruising to a commanding victory in Wednesday's byelection in the riding of Westside-Kelowna.

By press time, Clark had an insurmountable lead with 60.48 per cent of the vote.

The premier left the NDP's Carole Gordon (31.47 per cent) and the Conservatives' Sean Upshaw (6.05 per cent) in her wake.

"You don't win in elections if you don't stand for something, if you don't believe in something," said Clark during her victory speech, echoing the Liberals' general-election campaign promise to grow the economy.

"All of you who've come here to make sure we put the exclamation mark on this election campaign, thank you. With four years ahead of me as MLA for Westside-Kelowna, I have something to prove."

Clark was largely credited with engineering the surprising come-from-behind Liberal win in May's provincial election, but she lost her own seat in her Vancouver-Point Grey riding.

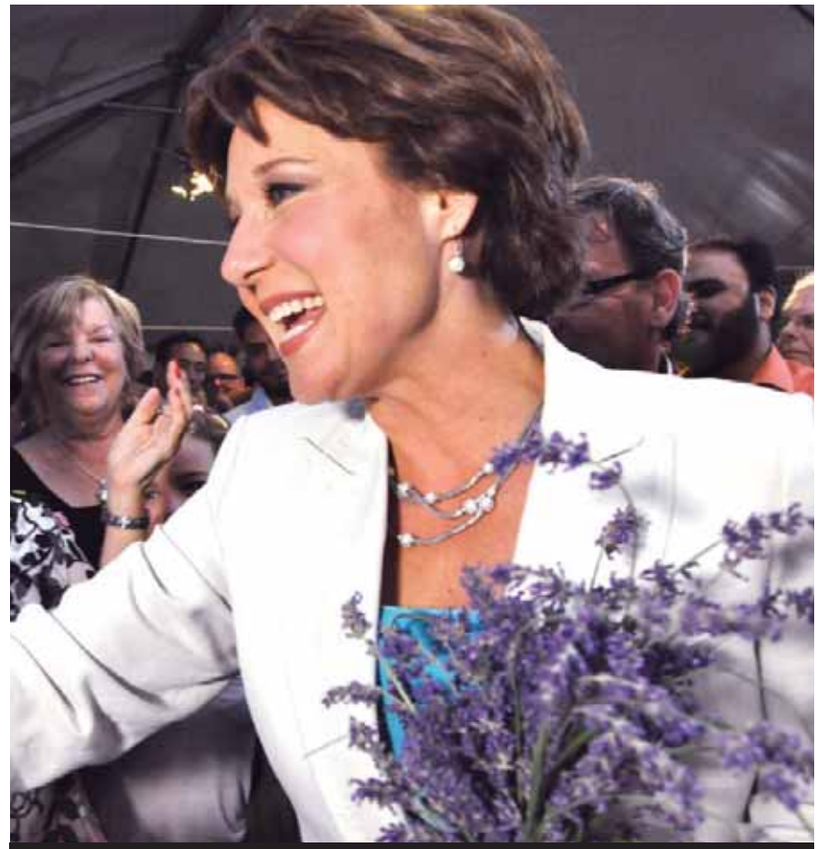
Clark's determined and charismatic campaign style propelled the Liberals to a fourth consecutive mandate, even though pollsters had forecast an Opposition New Democrat win.

Former Westside-Kelowna Liberal MLA Ben Stewart stepped aside shortly after the May election, paving the way for Clark to run in the Okanagan city, where two former premiers, W.A.C. Bennett and Bill Bennett, were also elected.

Gordon and Upshaw were two of seven other candidates challenging Clark for the seat.

The main goal for the summer legislative session is to pass the Liberal government's balanced budget, which was introduced back in February but was not passed before the May election.

THE CANADIAN PRESS
WITH FILES FROM METRO



Premier Christy Clark celebrates after winning the Westside-Kelowna byelection Wednesday night to earn herself a seat in the legislature. ELISHA DACEY/METRO

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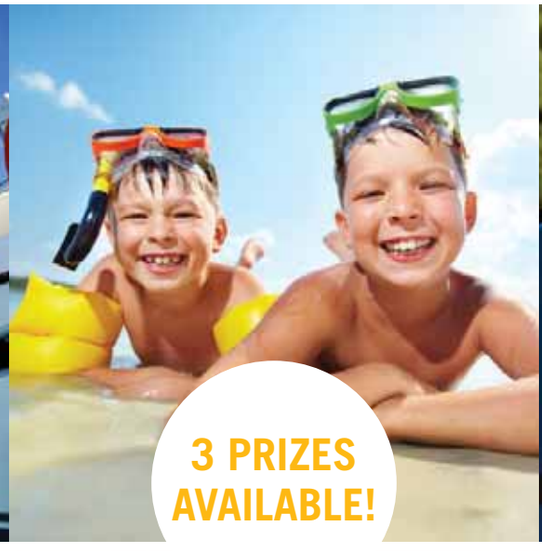

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Violence victim finishes studies

Remarkable recovery. B.C. student blinded in Bangladesh prepares to enter law school so she can help others

A University of British Columbia student who was blinded in a vicious domestic assault during a trip home to Bangladesh has made a remarkable recovery, finishing her master's degree and preparing to enter law school this fall.

Rumana Monzur was attacked during a trip home in May 2011, and her story made headlines in Canada and abroad, fuelling a debate about violence against women in the South Asian country where she is from.

Two years later, Monzur has learned to read braille and to use adaptive technology, which allowed her to complete and successfully defend a thesis about climate change in Bangladesh.

She has decided to change disciplines, enrolling in the University of British Columbia's law school, which she says will allow her to help women like her who are targeted by domestic violence, especially those who must navigate the Bangladeshi legal system.

Monzur, who lives on the university's campus with her parents and her six-year-old daughter, says she never would have thought she would have been able to recover and finish her studies in just two years, but she credits her friends, the university community and her strong Muslim faith.

She says she rarely thinks about the attack that left her blind and prefers to think of herself as a survivor rather than a victim of domestic violence. THE CANADIAN PRESS

Rumana Monzur
DARRYL DYCK/THE CANADIAN PRESS

Where the wheels hit the cobblestones

Women's winner Leah Kirchmann of Winnipeg is trailed by Devon Gorry of Ohio in the hairpin during the Global Relay Gastown Grand Prix on Wednesday evening. Part of B.C. Superweek, the event saw elite-level professional and amateur racers compete in their respective field (over 50 laps for men, 30 laps for women) for a prize purse of $45,000. JENNIFER GAUTHIER/FOR METRO

Mayor moving to Kits, near proposed bike lane

Empty nesters Mayor Gregor Robertson and his wife are selling their house and moving to Kits — within a block of a proposed bike lane that's sparked controversy in their new neighbourhood.

The pair put their six-bed, four-bath home along the Cambie corridor on the market after their youngest children graduated from high school this spring.

But their new Kitsilano address, within a block of York Street and the planned bike lane, forced the mayor to ask the city solicitor if he will be in a conflict of interest for any future decisions regarding the Point Grey-Cornwall corridor.

While the solicitor found he would not be in any legal conflict, the mayor will not participate in the upcoming vote out of an "abundance of caution," according to his office. EMILY JACKSON/METRO

The mayor is selling this house for a cool $1.95 million. REALTYLINK.ORG.

Technology. Port Metro Vancouver launches app amid public opposition

For those who've wondered if the vessels dotting Vancouver's oceanfront were tankers or freighters, look no further than your smartphone.

At a time when Port Metro Vancouver faces increasing public opposition to both coal and crude exports — Vancouver city council passed a ban on future coal-export infrastructure within city limits on Tuesday — the federal authority launched an app that shows how the port "contributes to our community and facilitates our quality of life."

Released in time for Canada Day with a playlist for the port-sponsored fireworks, 1,250 people have downloaded the app and accessed it 5,000 times (mostly for the tunes and the event schedule), spokeswoman Barbara Joy-Kinsella said in an email. EMILY JACKSON/METRO

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CEO called a 'murderer'

Lac-Mégantic disaster. Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, accusing him of slinking in the shadows to avoid blowback.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for their loss.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour workdays.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response

"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll at 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to take responsibility for the disaster, saying the train's handbrakes may not have been properly applied.
- He promised an energetic response to the crisis, including funding for aid and reconstruction.

A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIORZ/THE CANADIAN PRESS

Lego no-go hits man like ton of tiny bricks

A 63-year-old Windsor, Ont., man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the excited pair was told by staff that they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night," during which all ages can enter without a child.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

PHOEBE HO/FOR METRO IN TORONTO

Boston Marathon

Bombing suspect pleads not guilty

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing.

As victims looked on, Tsarnaev, 19, gave a smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and swelling around his left eye.

Then, after he said, "Not guilty" over and over in a Russian accent, he was led out of the courtroom, making a kissing motion toward his family as he left.

He faces 30 charges and could get the death penalty if prosecutors choose to pursue it. THE ASSOCIATED PRESS

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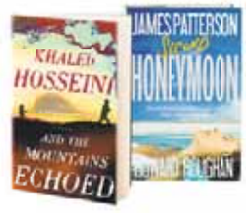

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Online espionage. Nations are hiring cybermercenaries, says U.K. intelligence report

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies.

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with long-standing trends relating to the growth of cybercrime and increasing official interest in online espionage. THE ASSOCIATED PRESS

Notable omission

- Not covered in the report were allegations published by The Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.

A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item at a Canadian fast-food restaurant to get a stamp of approval from the Canadian Celiac Association's gluten-free certification program. The macaroon is a $1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

Market Minute

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EAT YOUR PHOBIA FOR BREAKFAST

HE SAYS

John Mazerolle
metronews.ca

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for "fears you have that your friends find hilarious" — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly with a spider leg or two flying from your lips as you chortle. And note that the Internet says an "average" person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call "stupid." Therefore every time you feel a twinge of fear coming on, have a friend or relative say, "Don't be stupid! It's just a snake, stupid. God, you're so stupid" until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a 'fear ladder,' where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the 'sexy phobia,' many of history's greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like schoolgirls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that's OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that's how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you're not feeling great, you're in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you'll also swallow some spiders.

ZOOM

Snake in a charity store

QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity store in Queensland in northeastern Australia.

"Its head was the size of a small dog," police Sgt. Don Auld said Wednesday. Before they found the python, investigators' working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

"We thought a person had fallen through the ceiling because the roof panel was cut in half. When they've hit the floor, they've vomited and then staggered and fallen over. That's what we thought anyway."

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there's more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

DREW GURIAN/INVISION/THE ASSOCIATED PRESS

Tyler the Creator:
Odd Future's Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat

Pearl Jam:
Remember them? They're back. And just announced their first North American tour in three years. @pearljamofficial

Frank Ocean:
This man has mastered the art of the selfie in the most beautiful, non look-at-me-I'm-awesome way. @Frankocean

Twitter

@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it's just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date : the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

Comments

RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. **poor-whiteman posted to metronews.ca**

It's not meant to be a hard-hitting news story. The fact that a $192,000-car was abandoned during the flood, clearly, amused some people. It's horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn't pique your interest more than, say, a Dodge Caravan? **bicyclingbookwrm posted to metronews.ca**

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That's all folk — music that is

Festival. Music event is in its 36th year and will feature 65 acts, including DeVotchka

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Summer in Vancouver — it's the best time of year for spotting the sun. Not coincidentally, it's also the best time to get your music festival on.

So shake off that jazz-fest hangover, because next up is the 36th annual Vancouver Folk Music Festival, which features 65 artist/groups from more than a dozen countries.

And, it's a diverse slate, says the folk fest's artistic director, Linda Tanaka. "Seen together, this list represents a massive spectrum of genres, styles, and streams of folk, world and roots music. Some are based in particular world cultures, tradition or heritage; some can only be described by stringing a list of genres together," she says.

"This is a festival where myriad musical forms have a place to play together, greeted by an open-hearted audience as eager to discover and explore as they are to seek the familiar."

Some of the bigger names performing this year include Steve Earle and the Dukes, Loudon Wainwright III, The Waterboys, DeVotchka (a don't miss show), Natalie Maines, and The Cat Empire.

Interested in Canadian content? Check out Briga, Dalannah Gail Bown, Jason Burnstick, Delhi 2 Dublin, Kathleen Edwards, Hannah Georgas, Hayden, Del Barber, and many more.

The Vancouver Folk Music Festival takes place July 19 through 21 at Jericho Beach Park. Advanced tickets are on sale now. Adult weekend passes: $150. Adult one-day Saturday/Sunday tickets: $75. Adult Friday evening tickets: $45. Discounts for youth and elders. More information at TheFestival.bc.ca.

DeVotchka is among the don't miss acts at this summer's 36th annual Vancouver Folk Music Festival. The festival, which features 65 acts, is held at Jericho Park, July 19-21. VANCOUVER FOLK MUSIC FESTIVAL

Around town

- **Blueprint for culture.** All Over the Map returns for its 10th season at Granville Island. This is a free, all-ages outdoor cultural event featuring local dance and music with international roots. It takes place on Sunday from 1 to 3 p.m. at Ron Basford Park on Granville Island. Visit NewWorks.ca for more information.
- **Paint the town red.** City and Colour performs at the PNE Amphitheatre tomorrow evening, with guests Jimmy Eat World and Hey Ocean! Tickets $45 at LiveNation.com. Doors 5:30 p.m.; show at 7 p.m.

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Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying fowl after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting" her $3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

Twitter

@pattonoswalt
Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.

@tyrabanks
So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that

@MorganSpurlock
Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!

Jennifer Lopez

What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?!' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

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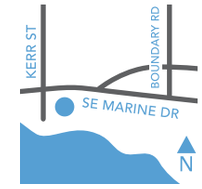

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Here comes the Suno

What a pretty pair.
The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA CHADHA
Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear. Maybe now they'll allow themselves to take a summer Friday or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?
Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind going to the after parties.

Solange Knowles (above) and Hailee Steinfeld (bottom right) in Suno. GETTY IMAGES

Who was the first person you called when you won?
Erin: I didn't even have my phone at the awards ceremony.
Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest.
Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award will do for the brand?
Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?
Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been interested in head-to-toe dressing.
Max: The number one question that we always get asked is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?
Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same this year.
Erin: I actually rented a place in Germantown, N.Y. so I'm actually in the country.

What's an ideal summer day?
Erin: It's sitting down outside and reading.
Max: Spending time on my boat, fishing.

What are you reading this summer?
Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?
Erin: I'm wearing embroidery all the time right now, cotton embroidery.
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?
Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

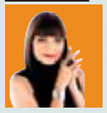
Style pick

Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditionaries boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself.

KATHRYN GILBERT

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

- **@The_Obsessed:** share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers
- **@Jeanne_Beker :** JUST DO IT!!! Xx

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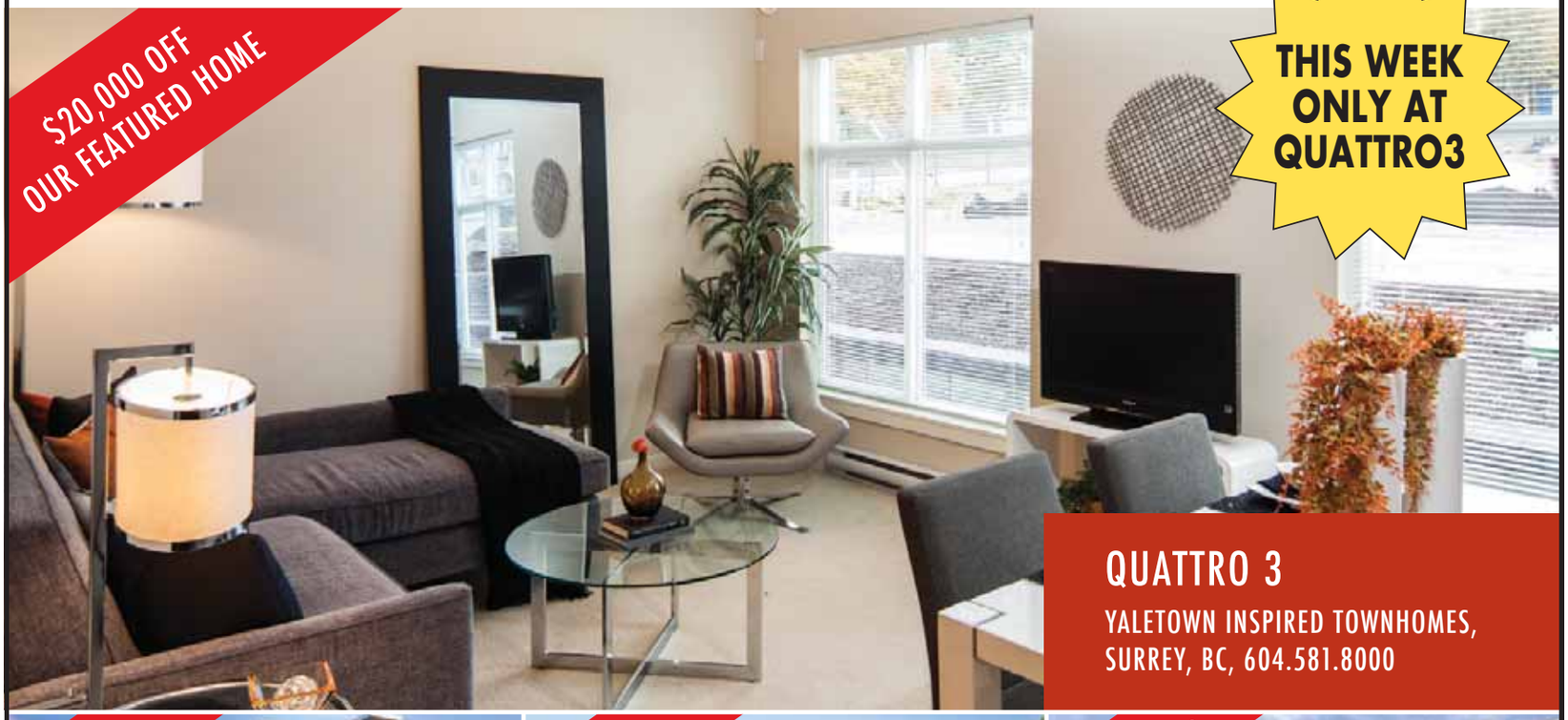

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Trend of today: Denim overalls

They probably haven't been amongst your wardrobe staples since your were a toddler, but it's time to give dungarees a second chance. If you're a casual kind of girl, you're in luck, as denim is as popular as ever.

KATHRYN GILBERT
Metro World News

J Brand

5030 Slouchy Overalls, $449, jbrandjeans.com

House of Hackney

Silk Velvet Dungarees, $552, asos.com

Topshop

jumpsuit, $110, topshop.com

Motel

Eddie Dungaree Jumpsuit In Daisy Print, $102, asos.com

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It's my party and I'll dust if I want to

Tips. What do you do when your house is in no condition to be seen by guests who are minutes away?

A porch designed by Brian Patrick Flynn for HGTV.com. Simple touches like a vase filled with a fresh cutting from your garden, shown here, can bring a party atmosphere to your deck or patio in minutes. THE ASSOCIATED PRESS/HGTV.COM

Summer is the season of inviting friends over for impromptu barbecues and last-minute, casual get-togethers.

On summer evenings, "my husband will invite people over after golf," says interior designer Mallory Mathison. "He'll call and say, 'We'll all be there in 30 minutes.'"

That's when she begins rushing around, quickly prepping their home for the soon-to-arrive guests.

What's the best way to use that half hour or so before the doorbell rings to get even the messiest home party-ready? Try breaking it down like this:

10 minutes of cleaning

"Most people don't mind clutter," says Evette Rios, a lifestyles blogger and a correspondent on ABC's The Chew. "But they mind grime."

So focus on wiping surfaces in your kitchen and bathrooms. Then grab an old sock or pair of pantyhose and use that to quickly dust surfaces in your living room and dining room.

Save time by only cleaning the rooms guests will enter, suggests Donna Smallin, founder of Unclutter.com. And don't feel obligated to give anyone a full-scale tour of your home.

Got dishes in the sink? There's no time to wash them, so Smallin suggests keeping an empty bin available for stashing dirty dishes under your sink. Or stash them in the oven, assuming you won't use it during the party. (Just be sure to pull them out and wash them the following morning.)

10 minutes of hiding clutter

Walk through all the rooms where guests will be and collect any clutter in an empty laundry basket, Smallin says. Stash the basket in a bedroom and close the door. If all that household clutter is collected in one place, it will be easier the next day to deal with it all and not lose track of anything.

Once major clutter has been removed, Smallin says, go through the rooms and stack remaining items neatly. Magazines look much better in a neat stack, for example, than in a messy pile.

Pay attention to your home's entryway, which makes a first impression, and to areas where guests will spend the most time.

10 minutes of finishing touches

Scenting your space is fast, easy and has a huge impact, says Rios. She suggests placing a drop of lemon-scented oil or vanilla extract on light bulbs, then turning them on. The warmth will spread the scent throughout your home.

Once guests arrive

- If entertaining outside is an option, usher guests outside quickly, Mathison says. It's much easier to de-clutter and clean up a patio or deck than to tidy up your whole house.
- Smallin suggests keeping a pretty basket filled all summer long with good-quality paper plates, plastic utensils and serving plates. When guests ask how they can help, ask them to carry the basket outside and set the table while you finish preparing food. Then, simply have fun.

Mathison suggests lighting a few candles for their scent and flickering party atmosphere.

Other ways to add a fresh scent: Rios likes to tuck scented fabric softener sheets (the kind made for use in a clothes dryer) underneath couch cushions or inside throw pillows. If you have a kitchen garbage disposal, she suggests dropping slices of lemon or lime into it and running it for just a moment.

Mathison recommends gathering a few small potted plants together in a basket or filling a basket with cuttings from your garden. It makes an instant centrepiece for a dining table, whether it includes flowers or just fresh greenery.

Then, scan your refrigerator and pantry for things to serve (if you haven't already sent a family member to the store). It's fine to be preparing and putting out food and drinks after your guests have arrived, but it's best to do the initial "what am I going to serve?" scrambling without an audience.

Mathison always keeps a few blocks of cheese and some thinly sliced prosciutto on hand, as well as a dessert that's ready to serve. She also suggests keeping extra drinks (bottled water, soft drinks, and wine or beer) on hand.

THE ASSOCIATED PRESS

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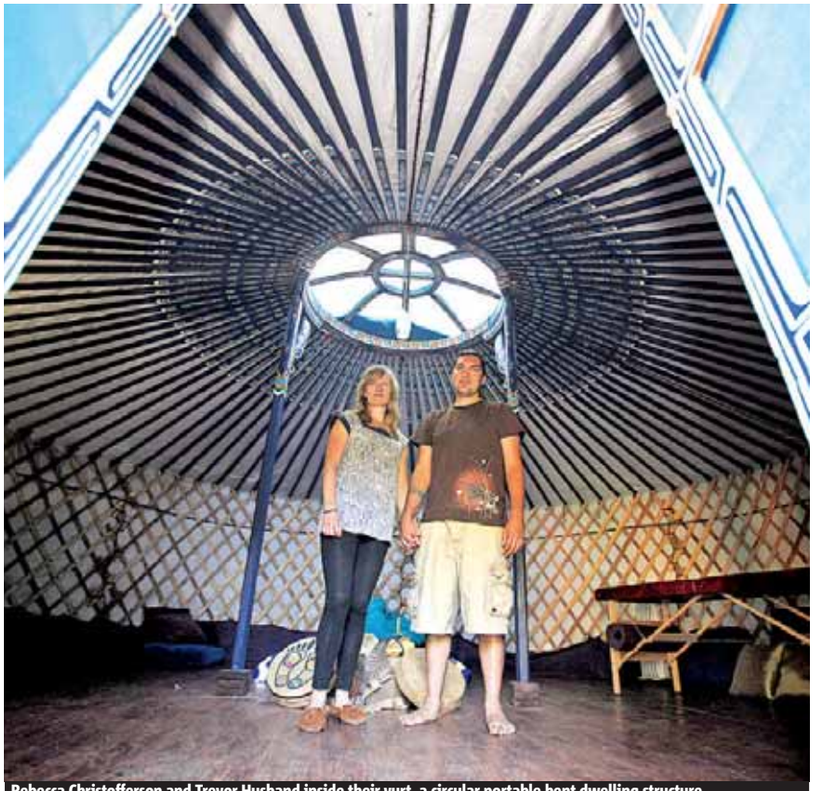
Searching for sustainability? You'll be going in circles

Yurts. The durable round houses were traditionally used by nomads in central Asia



Rebecca Christofferson and Trevor Husband inside their yurt, a circular portable bent dwelling structure traditionally used in Central Asia by nomads for more than 3,000 years. Built in Mongolia and shipped to the Cowichan Valley area, it's used as a healing centre. CHAD HIPOLITO/THE CANADIAN PRESS

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Energy-efficient homes have become the norm and in the pursuit of sustainability home owners and designers are returning to a more traditional type — the round home.

But what many residents of circular houses have found is there are also spiritual and emotional benefits to the shape.

Rebecca Christofferson, clinical counsellor and art therapist, lives in Vancouver Island's Cowichan Valley and had intended on building a round cob home on her property. But when she realized there was an existing home on the lot she decided to erect a yurt to serve as a guest bedroom, workshop and spiritual healing space.

"A big part of why I decided to build a yurt was the circular space," said Christofferson. "The imagery of the nomadic was significant as well, and you don't need to have it permitted so there is a real freedom with that."

Yurts are portable homes traditionally used by nomads in Central Asia made of wooden ribs and layers of fabric and sheep's wool felt for insulation and weatherproofing.

"People who have spent time in our yurt have said the world sort of shuts out," said Christofferson. "It just feels like a huge blanket on the space; it is womb-like. The world slows down and it is energetically quieter."

While some people have chosen yurts for their temporary qualities, designers like Lars Chose have channelled the spiritual qualities he's identified in round homes into the structures he creates with his company Mandala Custom Homes.

Chose had been designing and building homes for 20 years on the side while working as a psychotherapist, but it wasn't until 1995 that he built his first round house.

"I saw where the world was going with the environment and the work I was doing with children and families," he said. "It came to me one day that I needed to be part of the change that needed to happen in a much stronger way.

Trevor Husband with his wife, Rebecca Christofferson, and daughter Raven, 5, inside their yurt. CHAD HIPOLITO/THE CANADIAN PRESS

Raven Husband, 5, looks out from her parents' yurt. CHAD HIPOLITO/THE CANADIAN PRESS

"I had been studying how homes take half our resources to build and half our resources to cool and keep warm, and I decided to start a company and use the round (shape) as a way to express both an environmentally friendly and a healthy home."

As a practising Buddhist, Chose said the shape connected well with the word mandala, which has significance to the religion. According to Chose, mandala means the interconnected whole.

Even though the round spaces created by yurts and designers like Chose create various spiritual connections, other companies like North Carolina's Deltec Homes got into circular construction for more practical reasons.

The Asheville company began in 1968 supplying buildings to the resort industry.

Joseph Schlenk, director of marketing and sales, said their clients were coming to them wanting a structure that could be durable, energy efficient, easy to build and take advantage of outstanding views.

"The original Deltec structure was an A-frame," said Schlenk. "We learned very quickly that was not energy efficient or durable, and in that same year we developed the polygonal structure, the predecessor to the Deltec structure today."

Deltec — which now ships hundreds of homes throughout Canada, including Baffin Island — has seen a complete shift in their clientele, from 100 per cent in the resort industry to 95 per cent residential.

"We have a long history of success as far as durability," said Schlenk. "We have never lost a home because of high winds. The same qualities that make them resistant to high winds also make them very energy efficient.

"They are aerodynamic. There are not any great significant areas of flat surface where air or wind can build up pressure. It flows around the building so there is very little threat to drafting."

THE CANADIAN PRESS

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Cool backyard umbrellas

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

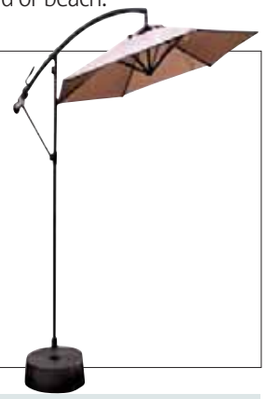
So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.

Retro flair

Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, $132, potterybarn.com.

Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, $80, sears.ca.



Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, $423, crateandbarrel.com.

Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, $6,400 (plus base), andrewricharddesigns.com.

On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, $80, homehardware.ca.

Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, $13, canadiantire.ca.

A wine crate one day, a coffee table the next

One man's treasure. 7 ways you can turn alcohol holders into something useful

Old wine crates can be found lying around the house, at your local liquor store or even at neighbourhood garage sales.

Before sending them to the landfill, consider a few do-it-yourself options to repurpose wine crates for household use.

1 Create a contemporary bookcase by painting each crate a different colour and stacking one on top of another. Break up solid colours by using a stencil to create unique and fun patterns.

2 Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top. Chair pads can provide an option for more cushioned seating and come in a variety of shapes and colours.

3 Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage. Start by drilling a few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal. Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.

4 Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

5 Wine crates don't just have to be used to store wine bottles.

Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

6 Running in and out of the house during summer parties in the backyard can track dirt inside.

Use a leftover wine crate as a shoe storage rack for your back patio to prevent unwanted messes inside the house.

7 Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel to your living room.

Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

First stain or paint three or four crates and let them dry. Then arrange the crates and create a frame using L brackets. Nail the crates to the frame, and enjoy your new DIY coffee table. **FIND MORE TIPS FOR SALVAGING OLD FINDS ON SALVAGE DAWGS, TUESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA**

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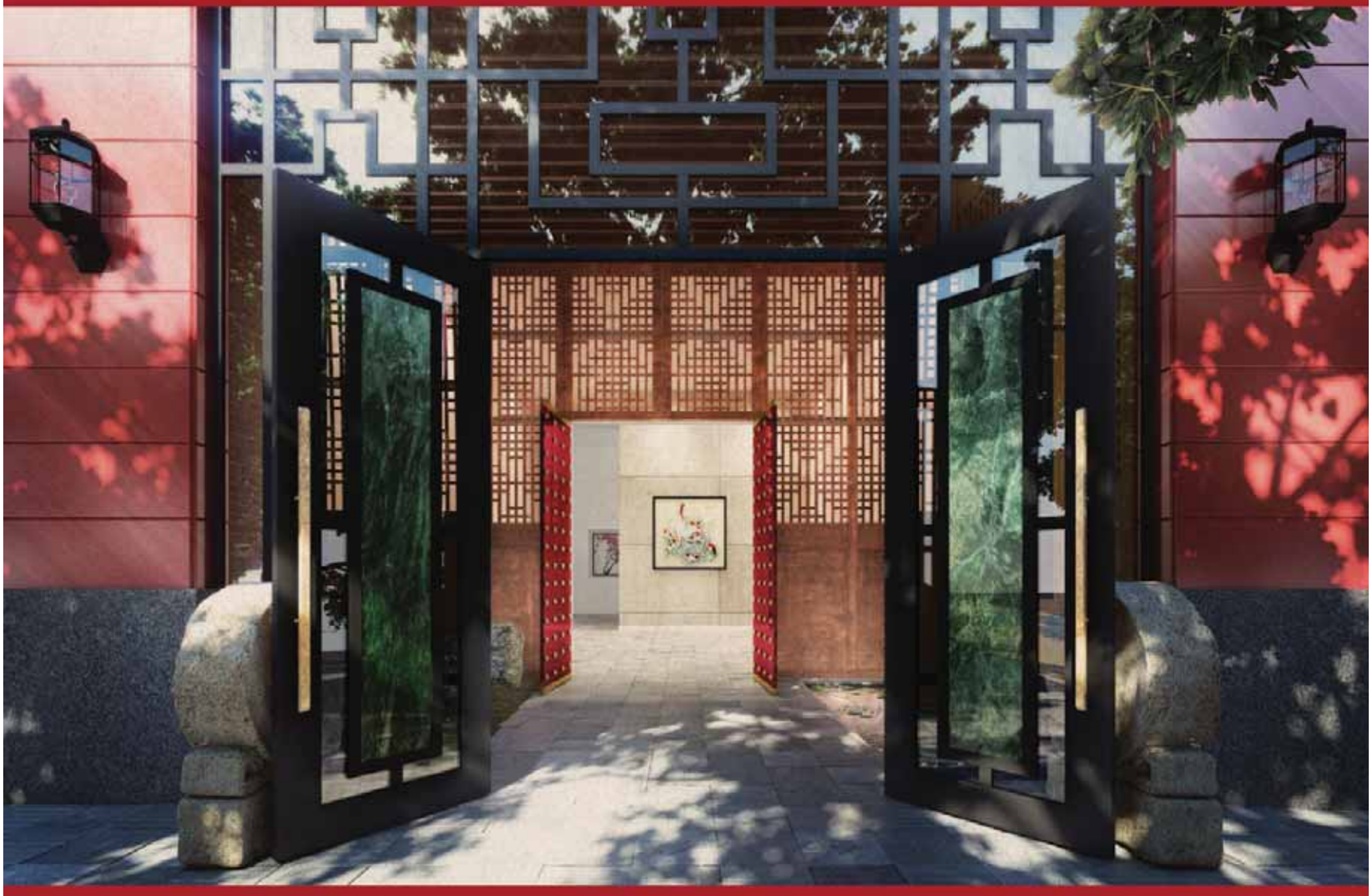

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Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes micro waved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

Yummy Curried Potato Burgers

This recipe makes about eight burgers. MIRIAM SORRELL

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

4. Add the ingredients from the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture. Cook for a few minutes, flattening very slightly with a spatula to make patty shapes, then gently flip. You may need to do this in batches, repeating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any leftovers in a hot oven—they may become mushy in the microwave.

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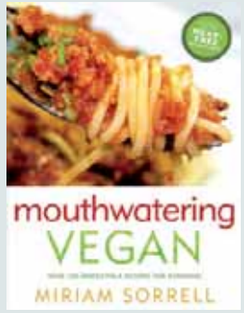
Cookbook of the Week

Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler — and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. METRO

Kicking up quinoa

Filling

1. Combine the rice and 5 cups (1.25 L) of the water in a saucepan. Bring to a boil, reduce the heat and simmer until the rice is cooked, 30–40 minutes. Drain, rinse and set aside.

2. Meanwhile, in a separate saucepan, combine the quinoa and remaining 1 1/2 cups (375 ml) of water. Bring to a boil, reduce the heat and simmer until cooked, about 20 minutes. Drain, rinse and set aside.

3. Heat a drizzle of olive oil in a large nonstick saucepan set over medium heat. Fry the eggplant slices on both sides until golden. Transfer to a paper towel–lined plate to absorb any excess grease, and set aside.

4. In the same saucepan, fry your spices in a little oil for a minute or two, stirring.

5. Add garlic granules and tomato paste, and continue.

6. Spoon in cooked rice and quinoa, and mix well. Continue to cook, stirring, for a few more minutes.

7. Add the spinach and lemon zest, then lower the heat to minimum and cook for another 5 minutes.

Spicy Rice & Quinoa Bake

This recipe serves four. MIRIAM SORRELL

8. Add the chopped olives and salt, mix again for 1 minute and remove from the heat.

Sauce

1. Mix all the sauce ingredients except the sunflower seeds, olive oil and paprika, in a bowl.

2. Pour the mix into a saucepan and heat gently, stirring constantly, until it thickens into a rich, white sauce. Remove from the heat and set aside.

To Assemble

1. Preheat the oven to 400 F (200 C). Lightly grease an 11- x 7-inch (2-L) casserole dish.

2. Place half the eggplant slices at the bottom of the dish. Spoon in the spiced rice and quinoa mixture. Cover with the rest of the eggplant slices.

3. Pour sauce on top, and sprinkle on the sunflower seeds.

4. Dust the centre with paprika, and drizzle on the olive oil.

5. Place in the preheated oven for 40 minutes, or until the top is golden.

6. Remove from oven and allow to cool for 15 minutes before cutting into portions.

Ingredients

Filling

- 1 1/2 cups (375 ml) dry short-grain brown rice
- 6 1/2 cups (1.625 l) water
- 1/2 cup (125 ml) quinoa
- olive oil
- 1 medium eggplant, thinly sliced lengthwise
- 1/4 tsp (1 ml) each chili powder, coriander and caraway seeds
- 1/2 tsp (2 ml) garlic granules
- 1 tbsp (15 ml) tomato paste
- 1 lb (500 g) fresh spinach
- zest of 1 lemon
- 12 spicy green olives, pitted and chopped
- salt to taste

Sauce

- 1 cup (250 ml) non-dairy milk
- 1 tbsp (15 ml) cornstarch
- 1 tbsp (15 m) nutritional yeast
- 1 tbsp (15 ml) grated vegan cheese
- 1/2 tsp (2 ml) garlic granules
- salt to taste
- 1/4 cup (60 ml) sunflower seeds
- paprika, for dusting
- olive oil, for drizzling

Side dish. Cherry Tomato, Chickpea & Orange Pepper Salad

This recipe serves four. MIRIAM SORRELL

Dressing

1. Place the ingredients in a clean jar, close the lid tightly and shake until thick and smooth.

Salad

1. Toss all the ingredients together in a bowl.

2. Drizzle on as much dressing as you like, toss again and serve.

Ingredients

Dressing

- juice of 1 large lemon
- 1/2 cup (125 ml) extra virgin olive oil
- 1/2 tsp (2 ml) vegan sugar
- salt and black pepper to taste

Salad

- 20 cherry tomatoes, halved
- 1 1/2 cups (375 ml) cooked chickpeas
- 1 red onion, finely chopped
- 4 cloves garlic, finely chopped
- a handful of fresh flat-leaf parsley, finely chopped
- 1 orange bell pepper, sliced thinly, then cut twice crossways
- 12 fresh basil leaves, finely chopped

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Canucks prospects climbing the ranks

On the Grind.
Vancouver's ninth overall pick feels he's ready to make the jump from junior to the NHL

CAM TUCKER
cam.tucker@metronews.ca

The Grouse Grind has become a tradition of Vancouver Canucks prospects camp.

On Wednesday, with nearly perfect partly cloudy morning conditions, members of this year's prospects camp took to the popular 2.9-kilometre trail that leads up the North Shore mountain.

"It was fun. It's something," said Bo Horvat, who the Canucks took with the ninth overall pick in this year's draft, after trading goaltender Cory Schneider to New Jersey.

"You just keep staring at a mountain ... but it's definitely a grind, like they say. I'm glad I can say I've done it now. It was great to do it with all the guys."

Horvat added that his group finished the Grind in a time of about 50 minutes.

"We weren't the fastest group, but we definitely finished in I thought a pretty good time."

Throughout sports, climbing the mountain can be a metaphor for the challenges in trying to reach a goal, either on an individual or team basis.

In Horvat's case, he comes to an organization that has, since the end of the season, maintained it will give some of its young prospects an opportunity to make the team out of training camp.

The draft was one step, and prospects camp another. The climb upward really begins in September.

Horvat, 18, is coming off a strong 2012-13 season with the London Knights in the Ontario Hockey League.

He had 33 goals in 67 games played during the regular season, and then was named the most valuable player of the OHL playoffs after leading the league in goals with 16 in 21 post-season games.

"I know a lot of teams in the NHL are going younger now," said Horvat.

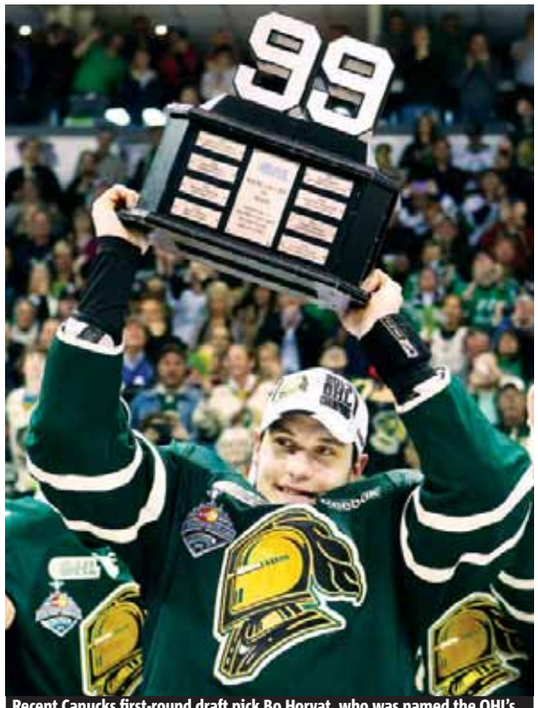
"To hear that, and to hear this organization is starting to go young, it really makes me want to work that much harder to prove myself that I can be in the lineup.

"I feel I'm ready. Whether it takes me maybe a couple more years or if I'm ready right now, there's always things I have to work on, there's always things I can get better at. I definitely want to go out there, in this camp and main camp, if I make it there, and to go and prove myself that I can stay up this year."

Heritage Classic in VanCity

The Vancouver Canucks will host the Ottawa Senators on March 2 at BC Place, the NHL and the Canucks announced in press releases Wednesday morning.

- The Canucks will be the first team to host a game in a retractable roof facility, and the third Canadian team to host an outdoor game.
- Canucks fourth-line forward Dale Weise has elected for salary arbitration. Weise, a 24-year-old restricted free agent, made $615,000 last season. He scored three goals and six points in 40 games.



Recent Canucks first-round draft pick Bo Horvat, who was named the OHL's playoff MVP in May, says he feels NHL-ready. THE CANADIAN PRESS FILE

CFL

Simon sitting out Riders' Week 3 clash with Argos

Geroy Simon's Saskatchewan Roughriders debut is on hold for another week.

Roughriders head coach Corey Chamblin said Wednesday the veteran slotback won't play in the club's game Thursday night against the Toronto Argonauts.

The Roughriders acquired Simon, the CFL's all-time receiving yards leader, in an off-season trade with the B.C. Lions, but he has yet to play for his new team due to a lower-body injury. THE CANADIAN PRESS

CFL

Glenn thanking déjà vu Drew

The Calgary Stampeders quarterback situation feels familiar.

A year ago, starter Drew Tate didn't finish the second game of the regular season because of injury. Backup Kevin Glenn made his first start July 12 in Montreal.

Fast forward to now. Tate didn't finish Game 2 last week. Glenn will start Friday, again July 12, in Montreal against the Alouettes.

"For me to be coming out Week 3 against Montreal in Montreal, it's pretty much déjà vu," Glenn said.

The difference is Tate's injury is minor compared to the shoulder separation he suffered in 2012. His current injury is a strained forearm muscle.

THE CANADIAN PRESS

Canadians giving kids 'a smile that wide'

Three hundred boys and girls took part in the Vancouver Canadians Baseball Foundation League season-opening event at Scotiabank Field at Nat Bailey Stadium on Tuesday. KYLE ROSETTA/VANCOUVER CANADIANS

They began arriving to the ballpark sometime around 4 p.m. on Tuesday.

Three hundred boys and girls, between the ages of six and 12, rush through the gates at the historic and picturesque Scotiabank Field at Nat Bailey Stadium in Vancouver.

"I want to kiss the grass," one little girl yells out.

"I thought it was going to be a regular-sized field, like the ones we play on," says Anna-Rose of Ladner, in wonder.

The youngsters come from a number of different communities and backgrounds, from impoverished neighbourhoods, to single-parent households, to upper-middle class families.

They are there to play in the Vancouver Canadians Baseball Foundation League season opener.

It's the first of six sessions held at Nat Bailey Stadium throughout the summer, in partnership with the Boys and Girls Clubs of South Coast BC.

"We're all inclusive but we're certainly focused on making sure that it's kids who have the most challenges are getting access," said Carolyn Tuckwell, president and CEO of the Boys and Girls Clubs of South Coast BC.

Players are given dinner at the ballpark, new baseball gloves, hats and bags. They'll work on the fundamentals of the game — throwing, catching and hitting — before playing games.

They'll also go through baseball's rules and other intricacies. Community members and sports personalities help as volunteer coaches.

This marks the second year for the league.

"Watching these kids, some of them had never played baseball at all," said Jake Kerr, co-chairman of the Vancouver Canadians Baseball Foundation and co-owner of the Vancouver Canadians Single-A baseball team. "And they really picked it up quickly and they had a smile on their face that wide."

CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

♉ Taurus
April 21 - May 21
You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

♊ Gemini
May 22 - June 21
You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

♋ Cancer
June 22 - July 23
You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

♌ Leo
July 24 - Aug. 23
Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

♍ Virgo
Aug. 24 - Sept. 23
If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

♎ Libra
Sept. 24 - Oct. 23
For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

♑ Capricorn
Dec. 22 - Jan. 20
You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

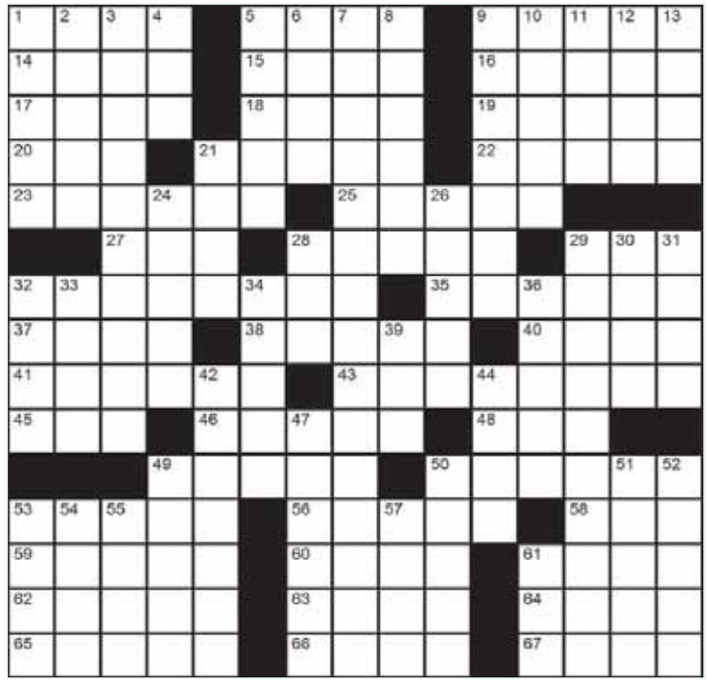
♒ Aquarius
Jan. 21 - Feb. 19
Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

♓ Pisces
Feb. 20 - March 20
You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



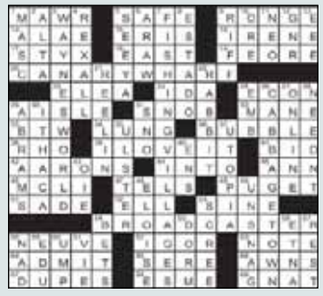
Across

1. Pet rights org.
5. Profess
9. Mickey __
14. Shopping spot
15. __-_-Fella (Record label)
16. Ontario attraction, __ Canada Village
17. "__, __ and Away" by The 5th Dimension
18. Yesterday: French
19. Lovely parties
20. U-571, e.g.
21. Ms. McLachlan
22. Edith Wharton novel, Ethan __
23. Shakespeare's tragic character
25. Water wheel
27. Porridge particle
28. "Sounds like _ __!"
29. For
32. "Black Horse & The Cherry Tree" by KT __
35. Published
37. "That __ __ it should be."
38. Become knowledgeable
40. Olive genus
41. Crack
43. Montreal singer, Nikki __
45. Tokyo, once
46. Pirate's exclamation!
48. Diner offering
49. Super-__
50. Prophet
53. Plunge the potato chip again
56. "Sheesh!"
58. Did a marathon
59. Bar soap brand, __ Spring
60. Chaps
61. __ fide
62. Leonardo da __ (b.1452 - d.1519)
63. Concerning, office-style: 2 wds.
64. International oil gr.
65. Toronto __ Centre
66. Adam's abode
67. Library communication starter

Down

1. Informally flatten
2. __ New Guinea
3. Clothing retailer founded in 1985 in Toronto: 2 wds.
4. Swiss peak
5. Buddhist who has attained Nirvana
6. See: French
7. Nova Scotia's slogan, Canada's __ __
8. Artist Andy
9. "Echo Beach" by Martha and The __
10. Canadian __ Company
11. Capable of: 2 wds.
12. Feel
13. Gaelic
21. Cobblestone
24. Westerns prop
26. "The Office" star
Mr. Wilson
28. Bar drink
29. For example... beans, chick peas and lentils: 2 wds.
30. Be in need of Febreze
31. Singer/actress, Aubrey __
32. Sandcastle's swoosher
33. Pre-owned
34. _ __ of faith
36. Actress Ms. Vergara
39. Encouraging shout!
42. Manitoba city northwest of Winnipeg
44. Grand Ole __
47. Archie Comics character
49. Bee Gees genre
50. Mary-Kate or Ashley
51. Paths
52. Legislate
53. Tear apart
54. Suffix with 'Ranch'
55. Exertion
57. Ancient harp
61. Cyndi Lauper tune: "She __"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		3		2		6	
		6	5		4	3		
2								5
		9		1		8		
7								9
		4		5		1		
4								7
		3	4		7	2		
	1		8		9		4	

Yesterday's Sudoku

2	3	5	8	7	1	6	9	4
9	6	7	2	4	5	1	3	8
1	8	4	6	3	9	2	7	5
7	9	6	1	5	3	8	4	2
5	4	3	9	8	2	7	1	6
8	2	1	7	6	4	9	5	3
3	1	8	5	2	7	4	6	9
6	5	9	4	1	8	3	2	7
4	7	2	3	9	6	5	8	1

Today 19°/14° Partly cloudy
Friday 20°/14° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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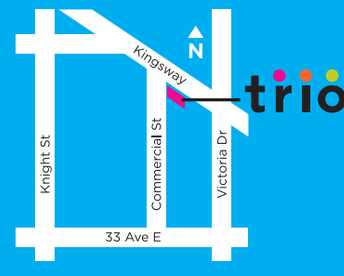

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